

Tuesday, February 12, 2013

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potas (mg)
Breakfast										
Gebraden Gehakt 50 g	165	14	5	2.75	0	0.5	7	350		
Volkoren Brood 2 regular slices	135	2.14	0.465	24.51	2.3	2.85	4.75	276	0	106
Total	300	16.14	5.465	27.26	2.3	3.35	11.75	626	0	106
Lunch										
Appelstroop 1 portie, 10 g	27	0	0	6.3	0.4	5.5	0.3	0.01		
Smeerkaas 20+ 1 portie, 10 g	13	0.65	0.46	0.1	0	0.1	1.77	90		
Aardbeienjam 25 g	38	0.05		14.65	0.28	0.78	0.1	0.01		
Pindakaas 1 serving (16 g)	94	8.06	1.647	3.13	1	1.48	4.01	73	0	104
Volkoren Brood 7 thin slices	363	5.75	1.253	66	6.2	7.69	12.78	742	0	286
Total	535	14.51	3.36	90.18	7.88	15.55	18.96	905.02	0	390
Dinner										
Witte Bloem 25 g	91	0.24	0.039	19.08	0.7	0.07	2.58	0	0	27
Witte Rijst 100 g	129	0.28	0.076	27.9	0.4	0.05	2.66	365	0	35
Kipfilet (Gekookt, Gebakken) 150 g	280	7.06	1.935	0.76	0	0	50.16	118	136	414
Total	500	7.58	2.05	47.74	1.1	0.12	55.4	483	136	476

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Snacks/Other										
Halfvolle Bananen Kwark 550 g	660	18.7	0	85.25	0	0	32.45	0		
Water 5 cups (8 fl oz)	0	0	0	0	0	0	0	24	0	
Cassis 250 ml	113	0	0	27.5	0	27.5	0	0		
Total	773	18.7	0	112.75	0	27.5	32.45	24	0	
Total	2108	56.93	10.875	277.93	11.28	46.52	118.56	2038.02	136	972